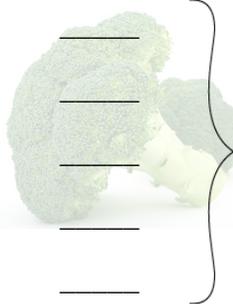
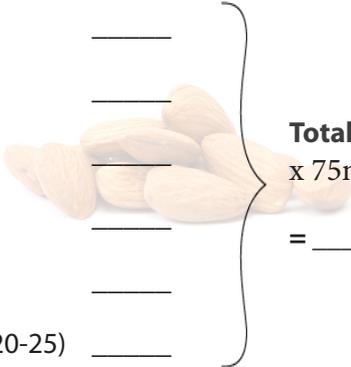
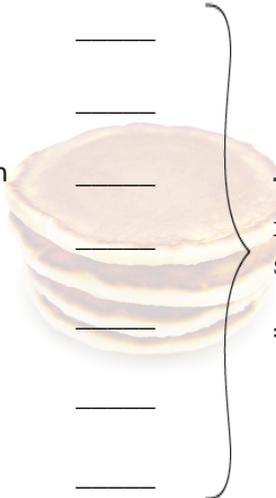
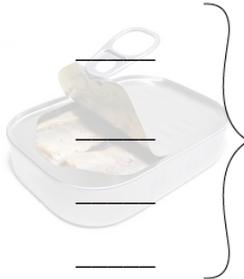


# Calcium Assessment Tool (CAT)

The CAT is a modified version of the Calcium Calculator™ and is used to measure calcium intake from food.

For each food item in the table below, consider if you eat the item on a **weekly basis**, and if so, how many portions you have had in a **typical week in the past month**. Portion sizes are noted beside each food item. If you eat a certain food regularly, **but less than once a week**, record 0 servings for that food item. Once you have finished entering the number of servings of all food items, you can calculate your total calcium intake.

Calcium-rich foods	Portion size	# portions in a typical week	Calcium intake
<b>Foods with 50 mg calcium per serving</b>			
Bread (bagels, buns & pita bread count as 2 slices)	2 slices	_____	 <b>Total Servings:</b> _____ x 50mg calcium/serving = _____ <b>mg calcium</b>
Broccoli, cooked	¾ cup	_____	
Kidney beans, lima beans, lentils	1 cup	_____	
Orange (fruit, not juice)	1 medium	_____	
Tahini (sesame seed paste)	2 tbsp	_____	
<b>Foods with 75 mg calcium per serving</b>			
Bok choy or kale, cooked	½ cup	_____	 <b>Total Servings:</b> _____ x 75mg calcium/serving = _____ <b>mg calcium</b>
Chickpeas	1 cup	_____	
Cottage cheese (regular, low fat, or fat free)	½ cup	_____	
Ice cream	½ cup	_____	
Parmesan cheese	1 tbsp	_____	
Almonds	¼ cup (20-25)	_____	
<b>Foods with 150 mg calcium per serving</b>			
Baked beans, soybeans, white beans	1 cup	_____	 <b>Total Servings:</b> _____ x 150mg calcium/serving = _____ <b>mg calcium</b>
Ice milk (gelato), frozen yogurt (regular, low fat, or fat free)	½ cup	_____	
Pancakes or waffles, made with milk	3 medium	_____	
Pudding, made with milk	½ cup	_____	
Soft and semi-soft cheese (not cream cheese) such as feta, mozzarella, Camembert (regular, low fat, or fat free)	1¼" cube	_____	
Soup, made with milk	1 cup	_____	
Tofu, made with calcium (if not made with calcium, use half the amount of calcium per serving, i.e. 75 mg)	3 oz.	_____	

Calcium-rich foods	Portion size	# portions in a typical week	Calcium intake
<b>Foods with 250 mg calcium per serving</b>			
Firm cheese such as cheddar, Swiss, Gouda (regular, low fat, or fat free)	1¼" cube		<b>Total Servings:</b> _____ x 250mg calcium/ serving = _____ <b>mg calcium</b>
Processed cheese slices (regular, low fat, or fat free)	2 slices		
Salmon or sardines, canned with bones	½ can		
Yogurt, fruit-flavored (regular, low fat, or fat free)	¾ cup		
<b>Foods with 300 mg calcium per serving</b>			
Milk (skim, 1%, 2%, whole, buttermilk, or chocolate)	1 cup		<b>Total Servings:</b> _____ x 300mg calcium/ serving = _____ <b>mg calcium</b>
Calcium-fortified beverages (e.g. soy, orange juice, rice)	1 cup		
Skim milk powder	⅓ cup		
Yogurt, plain (regular, low fat, or fat free)	¾ cup		
<b>Total calcium intake</b>			
Total calcium in a <b>typical week</b> from all foods			= _____ mg/week
Total calcium <b>per day</b> from all foods (divide by 7)			= _____ <b>mg/day</b>
Calcium supplements and/or calcium from multivitamin & mineral supplements			_____ mg/day
<b>Total calcium per day from all sources</b>			= _____ <b>mg/day</b>

## Are you getting enough calcium?

Osteoporosis Canada recommends **1,000 mg** of calcium per day for adults 19-50 years of age and **1,200 mg** of calcium per day for adults over 50 years of age.

